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STRENGTH IN VALUES

R' AARON Jacobson

REBBE

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to be a mazed at
the cheshek and
hasmodo of the
boys; chazering
gemoro and
finishing chumash
rashi. Yet, at the
same time, applying
themselves to their
chol."



STRENGTH IN CONNECTION

ADAM Naylor

TEACHER

66

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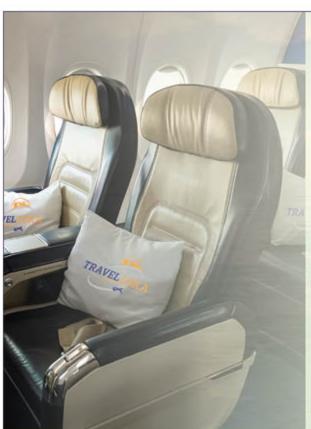
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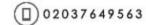




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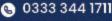
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Toppings: Hummus, Grilled vegetables

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Falafel Balls, Tomato, Cucumber,
Boiled Egg, Pickles,
Grilled Aubergine with Hummus

CRUDITÉS PLATTER £35/£25
Variety of Cut Vegetable Cucumber, Pepper, Carrots,
Pickles with Hummus

SALAD/BOWLS

NIÇOISE £45 Lettuce, Cucumber, Tomato, Boiled Egg, Tuna, Olives

GREEK £45
Lettuce, Cucumber, Cherry Tomato,
Olives, Red Onion, Feta Cheese

ISRAELI £40
Cucumber, Tomato, Pickles, Red Onion
Topped with Parsley

SMOKED SALMON £45 Lettuce, Tomato, Cucumber, Avocado, Smoked Salmon

LEEK £45
Leek, Cherry Tomatoes, Baby Corn

BROCCOLI £45
Fresh Broccoli, Grated Carrot, Flaked
Almonds, Cranberries

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Mozzarella Sliced Cheese, Tomato,
Avocado, Lettuce, Cucumber with
Fresh Pesto

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PASTA

PESTO - HOT £45
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TUNA SPREAD BOWL £8/£15
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EGG SPREAD £15/£25
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TUNA SPREAD £15/£25
PLATTER
Small/Large

MIX TUNA/EGG £15/£25 SPREAD PLATTER Small/Large

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PLATTER	50/25	YOGHURT CUPS	30
Rogelach, Almond, Apple, Blueberry,		Yoghurt topped with	
Cinnamon, Pineapple		Granola and Fresh Fruit	
MINI ROGELACH	£40/£25	FRESH FRUIT CUPS	£45
	50/25		30
		Variety of freshly cut up fruit in c	ups
MINI CROISSANT	£40/£25	PRODUCTION OF THE PROPERTY OF	
	40/20	CAKES	
Mini Rogelach, Pan Au Choc, Mini Almond		CARES	
SLICED CAKE	£35/£25	CARROT CAKE	£40
	40/25		
Mixed slices of Cake - Marble,		CHEESE CAKE CRUMBLE	£40
Chocolate, Chocolate Ch	nip,		
Blueberry, Lemon		BLACK FOREST	£40
MINITARTS -	£40	CHOCOLATE MOUSSE	£40
Parev/Milky	35		
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Lemon Meringue		CHEESECAKE	
CHOCOLATE	£45/£25	SACHER CAKE	£40
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		Strawberry/Mixed Fruit	
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Sliced Crumble Cheese Cake 35/20		FRUIT PIE - 6 Flavours£1	5
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SLICED	£50/£25		
FRESH CAKE	25/15	CITRON PIE	£18
Mixed slices of Cake - Cheesecake, Blueberry Cheesecake, Black Forest,			-
Charalate Mouses Caramal Mouses		LEMON MERINGUE PIE	£18

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PROTECT YOURSELF AGAINST SERIOUS VIRUSES

Over the last few months, the NHS has been worried about a potential 'quad-demic' with a rising number of people infected with flu, respiratory syncytial virus (RSV), norovirus and Covid-19. These illnesses are unpleasant but for children, expectant women and the elderly, they can be particularly nasty, with some needing hospital care.

2024 saw the busiest year on record for A&E and ambulance services, yet the second week in January 2025 had 256 patients in critical care – 3.5 times higher than the same week last year. RSV, Covid-19 and norovirus cases have remained high, with average hospital admissions up almost 50% in comparison to last year.

Professor Sir Stephen Powis, NHS National Medical Director, said that frontline staff were really feeling the strain and that some of their days at work this winter were "similar to the days at the height of the pandemic."

Flu continues to circulate, particularly affecting infants and young children under the age of 3, due to their developing immune system.

Additionally, there have been several tragic cases of serious illness and complications, which started with flu-like symptoms, in the Charedi community in the UK and internationally.



It is clear that hospitals are under exceptional pressure at the start of this new year, with mammoth demand stemming from this ongoing cold weather snap and respiratory viruses like flu.



IT'S NOT TOO LATE TO GET PROTECTED

Since autumn, NHS teams have delivered over 29 million flu, Covid-19 and RSV vaccines. Those eligible can still get vaccinated:

RSV vaccinations are available antenatally for women from 28 weeks and for adults aged 75-79. Those eligible are encouraged to contact their maternity service or GP surgery to book their vaccine.

Plu vaccinations are available until 31 March 2025. Children aged 2-3 years, children aged 6 months to 17 years with certain health conditions, and adults aged 65+ or antenatally are eligible for a free vaccine through their GP or community pharmacy.

School-aged children can receive the flu vaccine through their school or community clinics.

Unfortunately, there isn't a vaccination or cure for Norovirus. You can read advice on stopping the spread of this virus online at www.nhs.uk/norovirus.

We urge whoever is eligible to take up the vaccine offer to protect themselves, their families and the community. If you have questions about any of the vaccinations you have been offered, please talk to a pharmacist, nurse or doctor you trust without the fear of judgement. Understanding the range of vaccinations offered to you or your family, can be complicated, but we are here to help.

Dr Tehseen Khan, Clinical Director, Springfield Park Primary Care Network, Clinical Advisor, NHS England - London





DON'T FORGET ABOUT IN-SCHOOL VACCINES: DTP AND MEN ACWY IMMUNISATIONS

Many parents ask about how to protect their children from serious disease as they grow older. The DTP (diphtheria, tetanus and polio), and Men ACWY (meningitis ACWY) vaccines are routinely offered to children in Year 9 at school. These booster vaccines provide long-term protection against serious diseases that can cause life-threatening complications, permanent disability or death.

However, some Charedi schools may be unable to participate in the school-based immunisation programme, meaning some children may miss the opportunity to receive these critical vaccines and may not be fully protected into adulthood.

This feature seeks to flag the importance of the Year 9 booster programme, which may not be on parents' or the GP's radar.

If your child's school offers this service, please respond promptly to any information and consent forms sent home, as the vaccines can only be administered with consent.

If your child has missed the in-school offer, or any other routine immunisation, please contact your GP or school for assistance. Alternatively, catch-up community clinics are available where children can receive the Year 9 booster and other routine immunisations.

WHERE TO GET VACCINATIONS

Parents and guardians are encouraged to contact their GP practice to schedule appointments for their child's vaccinations. GP practices are well-equipped to provide childhood immunisations and to support parents and guardians with discussing any additional questions or concerns regarding vaccinations.















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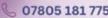
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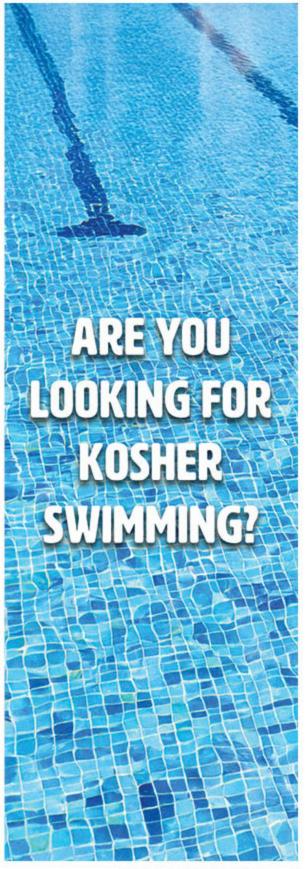
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Shoulder Roast

1 kilogram (2.2 pounds) beef shoulder roast

salt, to rub and sprinkle

pepper, to rub and sprinkle

3 tablespoons oil

INGREDIENTS

2 onions, thinly sliced

2 tablespoons tomato paste

1 cup Baron Herzog Cabernet Sauvignon or other dry red wine

1 bottle Heaven and Earth Pomegranate Juice (11.2 ounces/330 milliliters)

3 tablespoons honey

Preheat oven to 300 degrees Fahrenheit. Start by patting dry your roast with paper towels. Rub with salt and pepper.

Heat a stainless-steel pan over medium high heat. Add oil. Sear roast on all sides until brown crust forms. Place in an oven-safe baking dish.

In the heated pan, quickly add sliced onions and sauté until light brown and soft. Add tomato paste and mix it in. Add wine. Scrape the bottom of the pan. Let it reduce completely.

Add Heaven and Earth Pomegranate Juice along with the honey. Salt to taste. Let the sauce reduce and thicken to at least half of what it is.

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As Headteacher, you will have a highly visible position, instrumental in shaping the school's leadership and development strategies. Your experience and expertise will be crucial to ensure the smooth day to day running of the school, overseeing the implementation of our strategic objectives as well as being a positive role model for both staff and pupils.

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If you believe you have the qualities to take on this exciting challenge, then we would be delighted to hear from you.

Please email your cv to vacancies@gbss.school

We are looking for an experienced leader who:

- · Is enthusiastic and hard working with high expectations of all learners
- · Has a deep understanding and love of learning and teaching
- · Is an exemplary and creative classroom practitioner able to inspire good practice in others
- Experienced in curriculum development and improvement
- · Will engage effectively, communicate well and build upon positive relationships with students, staff, families and the wider community

- · A happy and friendly school that is held in high regard by parents and the community
- · Children who are well behaved, eager to learn and proud of their school
- A positive atmosphere where purposeful learning takes place
- · A dedicated, friendly and enthusiastic staff team
- A supportive governing body who recognise the value of CPD
- Salary commensurate with experience, relocation and accommodation

Closing date: 21st February 2025 Shortlisting date: 7th March 2025 Interview date: Week of 17th March 2025 Start Date: September 2025

Email: hayescrescent@gmail.com

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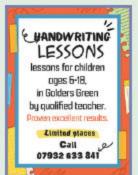


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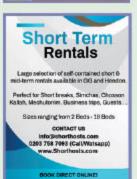




































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מנין צעטיל

THESE TIMES ARE

FROM

LAST

WEEK.

פ' משפטים

טנחה בחול (ב - ד) בית ישראל 217 730" 7/2 12.45 1.00 ביה אפרחם, ב' ישכר דוב, כ"נ ב"ח", העדאן עדה, פאדינורא, עץ חיים Jewish Fucules פרא חסירים

בית שמאל, סדילת אחל משה 1.46 23 Green Walk (A) (2***0725 (7 - 2) (2***4726 (7 - 2) בית ישכר חוב בית ישכר חוב, בית שמושל 1.13 1.40

ברידום ליין, פאסוב 1.45 בית ישבר דוב בית ישכר דוב 2,30 2/7 7307 7/2 3.60

TEST BYES 3,69-3,84

ביה יספי הוב

(א) בית ישראל 3,50

TO (3-2) 8.30

207 7007 773 5.46

207 700" 773 4.86

517 550° 205 4 30

2/7 "00" 2/0 4.40

2/1 'DO' 2/2 5.00

א בינו בית ישכר דוכ (א בינו ישכר דוכ

פנת (דה) ביה ישפר חב

*benout #/2 (1.7.7.) 5.66

THIS TO (24) 5.86

*####### 5.45

לתבראו ערות" 4.45

25 A 26 AV 1810, 2'0 321125

14.55 ברידום ליד, ג"ג כ"ה, מחויםי חדה

SACE D'IR MYD 30K)

ראנמטן רד", נשמח ישראל"

טעריב בחול 770 (N) יד ה) בית יספר חוב 2.25 712 6T - 29 6.20 6.45 6.55 7,00 ביה ישבר זוב ביה ישבר זוב ביה ישבר זוב (ב - 10 בית ישראל בית ישכר זוב, עון חיים

בית ישכר דוב (ב - ה) תורת חיים 7.25 21: Green Walk דים שמשל, ברדוש ליון כ - זון פינטעלי פפוערייען

בית אברכם, בית ישסר דוב, ג'ג ב"ה, נור, השוואן עדה, השפרת ישראל WYSTERS OF - JO 6,85

בית ישמר דוב מאמיב בית שמואל אכ. א בית ייטבר דוב או. א פיתוד פו. א בית ייטבר דוב אי. א כי. דים דים אי. כי. דים דים א. כי. דים דים א. בית ייטבר דוב, קחד הסידים א. מי. ייטבר דוב, קחד הסידים *00 **0K L7 - 30

PATE TRADUT 9,50 פאשו בית אברתם, בית יספר דוב, בית שמושל, מיר, פר ישרשל, שץ חיים

10.05 מנות יוצראן, מארימרים, מיני, קודלת אחל מצות, קודל חפידי 10.20 בזה יושכר דוב 10.30 בזה יושכר דוב 10.30 בזה יושכר דוב 11.00 בזה יושכר דוב 11.00 בזה יושכר דוב

פ' יתרו

טנחה שכת 12.45 ברידום ליין. בית שמואל הענראן ערת, מחזיקי הדת, עץ חיים 23 Green Walk 1.00 בית ישפר דוב קתילת אחל משה

63 Cranbourne Gdns 20 1.45 2.00 בית אברהם

73UF 77739 3.11

D'2 3'2 4.20 D"T 77 4.25 בית ישטר דוב 4.37 בית תפילת, סיני SAGE 4.40 TO HUBBERT WITH THE 4.45 7/0 4.45

בית אברהם, מחזיקי הדת 4.50 אלכסנדר 4.52 שערי תפילה 4.53 100 ELLLA COLLEGE

772377 4.55 תורה חיים

לאסיב, תמארת ישראל 4.57 5.00 בית ישראל, בית שמואל **MADE CONTROL**

לעדערייםן 5.02 מאורות חיים אמרי שפר, בית יטכר דוב 5.07 נשמת ישראל, עמרת צבי PAR THRILDY 5.16

ערב שבת מנחה נדולה

2/17 "DO" NO 12.45 575 FE 77277 1.00

2014 חדלקת חברות מנחה וקבלת שבת

בינבית מות חים 4.65 SACE 4.5% אברכים, אלכנטדר, אמרי שפר פית אברהם, בית ישראל, בית תפילה בריווש ליין, צור

SPECTON. סיני, בין חיים מכילת אחד פשה מחויקי הדת פפגל האנסטן רד, הענדאן עדה 217 TOUT ME 5.01 970 TIK 5.03

ממשל נשנות ישראל 5.08 פאסוב, חבשרת יופרשל 121 FTGE 5.15

25 Green Width

לונ הפוש המולה ששאל אלחו הירציר מון פרץ עלה"

Currency Exchange

קרילת אחל פשה

9,85

Code Currency		Units \ GBP	GBP (Unit	
USD	US Dollar	1.24	0.79	
EUR Euro		1.20	0.83	
ILS Israeli New Shekel		4.47	0.22	
CHF	Swiss Frank	1.14	0.88	

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60/20

Sunday

60/20

60/30

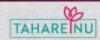
Monday











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264	6:06	6:07	6:09	6:11	6:13	6:14

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